

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY 2020			New Year's Day Center Closed	Regular Schedule	Happy New Year! Director's Open House please drop in 1:00 Bingo (\$4.00 paid @ door)	
	1:30 Woodcarving Workshop #1 1:45 Headlines 7:00 Village Board Meeting	10:00 Men's Club Meeting 11:00 Lecture: "Help for Sleep Disturbances" 1:00 Shopping @ Trader Joe's & CVS 2:00 Canasta Lesson #1	<u>Intergenerational Committee @ HS</u> 10:00 Leave Sandel 10:10 Leave Rec Center 11:00 Senior Concerns Committee Meeting	11:00 WINS Committee Meeting	12:00 New Year's Party \$5.00pp (\$7.00 charged day of event)	
	1:30 Woodcarving Workshop #2 1:30 Brain Fitness 2:30 Sandel Circle visit to Atria Lynbrook	10:00 Men's Club Billiards @ Atria Tanglewood 11:00 Lecture: "Identifying Elder Abuse" 1:00 Shopping @ King Kullen & CVS 2:00 Canasta Lesson #2	11:15 Supper Club Committee Meeting Exploring Long Island 101 <u>Levittown</u> 11:45 Leave Sandel 12:00 Leave Rec Center	11:15 Special Events Committee Mtg.	9:30 Committee for Student Literacy Meeting 12:00 Birthday Brunch \$4.00pp (\$5.00 charged day of event)	
	Martin Luther King Jr. Day Center Closed	10:00 Men's Club Meeting 1:00 Shopping @ Trader Joe's & CVS 2:00 Canasta Lesson #3	11:00 Trip Committee Meeting	Regular Schedule	1:00 Musical Presentation by George Salem (no charge)	
	<u>Jakes 58 Casino Trip</u> 10:15 Leave Sandel 10:30 Leave Rec Center 1:30 Woodcarving Workshop #3 1:45 Headlines	10:00 Men's Club Billiards @ Atria Tanglewood 11:00 Lecture: "Hearing Loss & Cognitive Decline" 12:00 Free Hearing Screenings 1:00 Shopping @ King Kullen & CVS 2:00 Canasta Lesson #4	2:00 Book Club	Regular Schedule	10:45 Executive Board Meeting 1:00 General Meeting Last day to cancel for Supper Club	
	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
Key: * This program is made possible with funding from the NC Dept. of Human Services Office for the Aging, the NYS Office for the Aging & Administration on Aging.	9:45 Core* 11:00 Range of Motion* 1:00 Scrabble/Rummikub	9:00 Cardio Fit 10:00 Pilates 12:40 Yoga* 1:00 Cards 1:00 Canasta Free Play 2:00 Scrabble/Rummikub **To make a reservation for door-to-door shopping call transportation before 8AM \$2.00 transportation fee.	9:30 Stretch & Balance 10:30 Meditation 11:00 "The News" 12:45 Sit 'n' Dance 1:00 Cards & Dominoes 2:00 Line Dance*	9:00 Cardio Dance 10:30 Studio Art 10:30 Knitting & Crocheting 11:00 Card Making 1:00 Sing-a-long 1:00 MahJongg 1:00 Cards 1:00 Rummikub	9:45 Total Body Workout (Sponsored by Town of Hempstead)	Updated 12/23